

COST TO REGISTER

Support Crew: \$660.00

Riders: \$750.00

Included:

- 5 Nights accommodation in Wangaratta
- All main meals while on the ride
- Logistical support
- A souvenir polo shirt for participants.

Ride jerseys and nicks are available for purchase (see our website).

For those that can't make this year's ride, we have a companion rider option for \$25. Use your training rides to accumulate 550km and get your friends to support and sponsor you. You can still raise money for medical research and support this ride from home!

WHO IS IT FOR?

Anyone 18+ years old with a wish to have a great time and to challenge themselves!

The beauty of the ride is that you don't have to be supremely fit or a great rider, just be ready to challenge yourself and enjoy!

This ride is about working with a group made up of riders with similar ability to yourself, helping others extend their ability and to challenge yourself. The ride usually runs three groups to cater for varying abilities.

Don't ride? - then become part of the support team as a driver, first aid, masseur, photographer or other logistic support.

More information about the ride is available on our website www.rotartyrideforresearch.com

AUSTRALIAN ROTARY HEALTH

'Supporting healthier minds, bodies and communities through research, awareness and education.'

Australian Rotary Health (ARH) is one of the largest independent funders of mental health research in Australia. They also provide funding over broad range of general health areas with the vision to improve the health and wellbeing of all Australians.

ARH activities include:

- Funding partner PhD scholarships
- Rural Medical scholarships
- Evaluation grants
- Evaluation of mental health service provision
- Mental health in young Australians
- Rural and indigenous nursing scholarships
- Cancer research
- Parkinson's disease and neurological research

The funds raised from this year's ride will be directed to supporting the Australian Rotary Health "**Rob Henry Memorial PhD Scholarship**" for cancer research and mental health research.

All donations over \$2 are tax deductible.

34 years of riding, covering 28,710 km having raised \$1,175,700.

REGISTER NOW AT www.rotartyrideforresearch.com

EMAIL rotartyrideforresearchdollars@gmail.com

2021 RIDE FOR MEDICAL RESEARCH



KELLY COUNTRY ENCOUNTERS TOUR

In support of

AUSTRALIAN ROTARY HEALTH



BENALLA TO VIOLET TOWN

21ST TO 26TH March 2021

DETAILS OF THE RIDE

DURATION

6 days and 5 nights. Route approximately 550km riding distance, but will vary group to group, person to person.

START AND FINISH

Meet at Bayswater, load up and drive to Benalla on Sunday morning 21st March.

Ride finishes 6 days later in Violet Town on Friday 26th March in the afternoon, return to Bayswater later that day to the original departure point.

RIDING

With 3 ride groups, and a maximum of 15 riders in each, we can group people of similar fitness and experience levels. The ride is structured so that we can be together as a large group at lunch each day. You don't have to be supremely fit or a great rider. With the varying groups, we cater for differing abilities. If you're tired, you stop, get in a support vehicle and get out at the next stop 20-40 km down the road to continue riding as you wish. The ride structure may vary each day due to the kilometres we have to travel. When and if it's safe to do so, we may have open free rides covering some sections of the route. We are sure you will enjoy this exciting challenge!

SPEED

Depending on ability, groups travel at different averages, ranging from 18 to 30kph.

DAILY PERSONAL DISTANCE

Your distance each day will vary, from as little riding as you wish to do, up to 100km or more, depending on the group you are riding with.

WHAT BIKES?

RECOMMENDED: Road, (flat or drop bar), Hybrid or Tourer

NOT RECOMMENDED: Mountain Bikes (too heavy)

ELECTRIC BIKES of a "Standard" bicycle style and not too heavy to lift. *(Removal of battery for transport recommended.)*

2021 THE 35th RIDE

APPROXIMATELY 550KM OVER 6 DAYS

Day 1: Benalla to Glenrowan

Day 2: Wangaratta-Rutherglen-Chiltern Loop

Day 3: Wangaratta-Peechelba-Painted Silos Loop

Day 4: Wangaratta-Eldorado-Beechworth Loop

Day 5: Wangaratta-King Valley-Greta Loop

Day 6: Wangaratta to Benalla to Violet Town



ACCOMMODATION: This year we stay in a motel. **(Room share)**

MEALS: Breakfast, lunch, dinner and some snacks provided. Regular stops for breaks along the ride.

(Bring your own snacks, energy bars, gels and sports drinks)

LOGISTICS: Support and relief vehicles sponsored by organisations and groups, including Healesville Rotary Bus, and a number of major car companies. Each team has its own dedicated purpose-built bike trailer.

SAFETY: Support vehicles are used, with radio/mobile phone communications. For safety in each group, we have a lead vehicle and a following vehicle towing a bike trailer.

INSURANCE: All participants are covered by Rotary's insurance, however you should have your own Ambulance cover.

WHAT IS THE RIDE ABOUT?

- Great fun as you ride through our Kelly Country Encounters tour of north eastern Victoria with its wonderful and diverse countryside.
- Understanding your capabilities and challenging yourself.
- Fundraising for medical research through Australian Rotary Health.

Participants are encouraged to raise sponsorship of \$200 to \$1000 to help ARH really make a difference!



Rob 'Trust Me' Henry



Project of the Rotary Club of Boronia in conjunction with the Rotary Club of Healesville with support from the Rotary Clubs in District

9810